

**Mental Health Planning Council Minutes**  
**8/13/08**  
**Region 10, Charlottesville, Virginia**

**Attendees**

**Members**

Alison Hymes, President	James Johnson, Secretary
Dawn Girard, Chair Child and Family	Patricia Meyer
Ann Benner	Kenneth Moore
Jack Brandt	Bonnie Neighbour
Brian Parrish	Mira Signer
Betty Etzler	Pamela Cooper (Vernon Sims)
Melissa Harless	Becky Sterling
Donna Sue Martin	Carol Ulrich (new Member)
Mark Pendrak (new member)	Ann Cutshall
Erica Lovelace (Mary Kaye Johnston)	Paula Price

**Staff**

George Banks	Will Ferriss
Katherine Hunter	Jo-Amrah McElroy

**Guests**

Malaina Poore	Ann Burhans
Martha Van Trees	John Otenasek

**New members**

Two new members were elected unanimously  
Michael Pendrak  
Carol Ulrich

Member books to be sent out as soon as they are updated and printed.

**Public comments**

Ann Burhans, Civil Rights for Elderly Mid-stage Alzheimer's grassroots group.  
Presented concerns regarding lack of civil rights for this population and concern about ever increasing numbers.

**Presentations**

1. Jim Stewart, Office of the Inspector General, presented findings of the latest Child and Adolescent Review. Time constraints did not allow for complete presentation. Currently survey is available on the DMHMRSAS website. Results of analysis to be posted soon.
2. Rick Jackson, Region V, presented on the new block grant funded geriatric initiative. Currently working with Colonial CSB and has request from Middle-Peninsula and South Hampton Roads. A hotline has been established for people with issues involving

geriatrics. Not enough long term beds in the community. Need to expand bed capacity in the opinion of the taskforce he has formed. Eastern State Hospital (ESH) has lost 150 beds. RFP to be published in September regarding proposals to add 80 to 150 beds to the community in Region V.

Two stakeholders groups meet monthly – one in Northern Virginia and one in Hampton-Newport News. Next meeting in Hampton-Newport News Friday the 22. For more information call Rick Jackson 703.788.0031. Currently there are no family members/caregivers in the group.

3. Tom Gleason, RAFT, presented on new program managed by Arlington County Department of Human Services. Team approach. Currently have 1 facility, another in contract process and two under negotiation. Clients come from Eastern State Hospital, S, Piedmont Geriatric Center and community. Mr. Gleason is of the opinion that CMS safeguards around the use of psychotropics in nursing homes get in the way of medicating patients discharged from Eastern to nursing homes. His wish would be that CMS guidelines were relaxed to allow for continued high level use of anti-psychotics in patients released from Eastern State to RAFT nursing homes. The issue of mortality rates with use of these drugs in people over 65 was raised by council members.

Does the council want to take this one as an area to study? Ann Benner

Do we have enough people interested in this who would be willing to work on an Older Adult/Geriatric committee? Alison Hymes.

Alison reminded the attendees that while the interest and need is there currently the MHPC does not have chairs for a few of the committees already in our bylaws which need updating. . During a break Paula Price, Director of Mental Health America Virginia, offered to serve as chair for this ad-hoc new committee which we have yet to name. Council members who are interested in serving on it should contact Paula Price and/or Alison Hymes.

**Lunch break** - Mel's Café provided lunch.

### **Break out sessions and report back**

Topic for discussion: Trauma Informed Care

#### **Adult Services**

Education is fundamental for a shift to trauma informed care in our mental health system. Trauma informed care should assume all consumers have a trauma history rather than try and predict who does and who does not, similar to the use of universal precautions to prevent infection in medicine and dentistry.

Gender of room and unit peers and of direct care staff is an important issue in trauma informed care in institutions and residential care. Option for single gender living and care givers should be available for those who want it. Religious beliefs play a role in this in some cases.

Cultural competency is critical or integral to trauma informed mental health care.

Golden Rule—Treat consumers as you would like to be treated yourself

Medical model—if mental health/psychiatry patients were treated in the same manner as medical patients we would not have much of a problem with re-traumatization in the mental health system.

WRAP and awareness can help.

Alternative forms of transportation for commitment

Peer support during crises and in institutions and other settings can reduce trauma.

Availability of psychotherapy to all who want to use it and have trauma issues is key.

### *Child and Family Services*

Letter to form consortium with Wounded Warrior, Dr. Sood, 0-3, and Early Childhood Initiative.

### **Block Grant Application Review**

Presented by Jo-Amrah McElroy, George Banks, Katherin Hunter, Will Ferriss

Questions regarding MH Block Grant application process. Money can't be increased.

CHMS tells each state what their allocation will be. Virginia's has been decreased over the past few years. There is a formula which determines the funding amount.

Discussion regarding how vendors are contracted. Concern regarding appropriateness of vendor who is currently contracted with DMHMRSAS not through MH Block Grant funds.

Application was accepted by members for submission to CMHS no later than September 2, 2008.

Now might be the time to begin a push for increase in funding through the General funds through the next legislative session. Coalition building would be a good use of money. Brian Parrish.

NIMH might be interested in funding study of Peer Specialist, Peer Services and Peer Support as an Evidence Based Practice or Best Practice.

### **General discussion**

\$750,000 RFP will be out soon.

Department name change was discussed. No decisions made yet. Over 4500 suggestions to DMHMRSAS at this point.

**Next meeting TENTATIVE October 1.** To be determined based on numbers of council members with conflicts on other Wednesdays in October not counting the 8<sup>th</sup> which is the eve of a major religious holiday.

